




NOVEMBER 2023 - HOPEDALE SR. CENTER ACTIVITIES (508)634-2208

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm <i>No Literature</i> 1:00 pm Cribbage	2 10:00 am Watercolor Class 1:00 pm <i>No Tai Chi</i>	3 10:00 am Exercise with Christine 12:00 pm Senior Center closes
6 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:30 pm BINGO	7 9:00 am Yoga with Crystal 9:30 am Grocery Shopping 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance <i>Errand Van Available</i>	8 11:00 am Meditation 10:00 am Low Impact Exercise 12:30 pm Literature 1:00 pm Cribbage	9 9:00 am Veteran's Day Program 1:00 pm Tai Chi <i>Errand Van Available</i>	10 CLOSED FOR VETERANS' DAY HOLIDAY 
13 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:30 pm BINGO	14 9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance	15 9:30 am Nurse Clinic 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	16 10:00 am Knitters' Group 1:00 pm Tai Chi 1:00 pm COA Board Meeting	17 10:00 am Exercise with Christine 12:00 pm Senior Center closes
20 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:30 pm BINGO	21 9:00 am Yoga with Crystal 12:00 pm Turkey Dinner @ Senior Center 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm <i>No Dance Class</i> <i>Errand Van Available</i>	22 <i>No Classes or Activities</i> <i>Building Closes at 12:00 pm</i>	23 CLOSED FOR THANKSGIVING HOLIDAY 	24 CLOSED FOR THANKSGIVING HOLIDAY 
27 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:30 pm BINGO	28 9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance	29 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	30 10:00 am Watercolor Class 1:00 pm Tai Chi	